

Session Nine: Trust God With ALL Your Heart



Today's Point: I put my trust in the Lord.

Bible Verse: Psalm 56:3

CSB: When I am afraid, I will trust in you. Psalm 56:3

KJV: What time I am afraid, I will trust in thee. Psalm 56:3

Today's Bible Skill:

- Be able to identify and place books in the New Testament in order.

Bible Truth Activity:

Materials:

Paper

Marker

Construction Paper – variety of colors

Glue

Prepare:

Write GOD in big bubble letters on paper – make one copy for each kid

Cut out the GOD bubble letters out of construction paper (same size as bubble letters on paper) (one set per kid)

Instructions:

Place paper on tables with pens/pencils, construction paper GOD, and glue

As kids arrive, invite them to write down something they need to trust God to take care of (a problem at school, something they are afraid, an issue with a friend or family member). Write one thing in each letter. Once kids have had time to write down the things they need to trust God to handle, invite kids to turn over their page and then join you in group time.

SAY: Last week we learned that Esther had to trust God when she was asked to risk her life to save the lives of the Jewish people. Just like Esther we can trust God when we are afraid. Let's say Psalm 56:3 together:

CSB: When I am afraid, I will trust in you. Psalm 56:3

KJV: What time I am afraid, I will trust in thee. Psalm 56:3

SAY: It is important that we trust God when we are afraid. BUT that isn't the only time we need to trust God.

Have you ever had a time when you didn't know what to do or what to say? (Allow kids time to answer) We all have. When we find that don't know what to do or what to say, it is a good time to trust God to help us. We are going to look at a verse that tells us how we are to trust God. Turn in your Bible to the book of Proverbs. Is Proverbs in the Old Testament or New Testament? Old Testament. Once you find Proverbs, turn to chapter 3 and put your index finger on verse 5. (Allow kids time to find verse – offer help if needed).

Once kids have found Proverbs 3:5-6, ask if anyone would like to volunteer to read these verses.

CSB – Trust in the Lord with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight. Proverbs 3:5-6

KJV – Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Proverbs 3:5-6 KJV

ASK: How does God want us to trust him? (With ALL our heart). Does the verse say to trust God with part of your heart? What about half of it? Three-quarters, maybe? No, it says with ALL your heart. ALL means ALL – every bit of it. Sounds easy, right? Even though this verse tells us how to trust God with ALL our hearts, it can be hard. How does this verse tell us to do it – “do not rely on your own understanding”. Sometimes instead of trusting God, we want to do it our way because we think we know what we need to do. God tells us that if we trust him, if we do not rely on our own understanding, he will guide us or direct us in the right things to do.

Invite kids to return to their paper at the tables. Ask kids to turn their papers over and look at the things they have written down. Ask them if they are trusting God or relying on themselves. Explain that they can choose to trust God in those situations. When they trust God with the situation, problem, fear, they don't have to worry about it anymore – God will guide them. To remind yourself to choose to trust God, I want you to glue the construction G-O-D over the corresponding letters covering up what you have written down. As you glue the letters on, ask God to help you to trust him and to know what he wants you to do. Allow kids time to glue G-O-D on their paper. Say: Take this paper home and place it somewhere you will see it. When you see this paper, you will remember to Trust in the Lord with all your heart and not to rely on yourself but to trust and follow God as he directs your path.

Pray: Thank God that he can be trusted. Ask God to help your kids trust him and follow his directions.

Bible Verse Activity: Apply the Verse – Psalm 56:3

Materials:

Poster board
Strips of paper
Markers

Tape

Prepare:

Write first part of Psalm 56:3 – When I am afraid (CSB) or What time I am afraid (KJV) on top of poster board.

Leave middle of poster blank

Write last part of Psalm 56:3 – I will trust in you. (CSB) or I will trust in thee. (KJV) on bottom part of poster board.

Instructions:

Invite kids to write a time when they made be afraid on a strip of paper (ex: during a storm, when I am alone, in the dark, when I am sick) and place it a basket [allows anonymity]

Have kids form a circle. Ask kids to read the Bible verse together – adding a statement from the basket.

When I am afraid – when I am alone – I will trust in you. (CSB). What time I am afraid – during a storm – I will trust in thee. (KJV) Psalm 56:3. Continue until all strips have been shared. End by saying the verse together.

Bible Skills Activity: New Testament Pyramid

Materials:

28 plastic cups (one set per 1-2 kids)

Permanent marker

Option: clear printable mailing labels

Prepare:

Write the New Testament and the name of each book of the New Testament upside down (rim on bottom) on a plastic cup. (one set per 1-2 kids)

*Suggestion: use a template for printable mailing labels – type out each book of the New Testament. Print on clear return address labels. Place each label upside down on plastic cup.

Save label template so it is available to use when cups need to be replaced.

Instructions:

When “start” is called, challenge players to make a pyramid placing the books of the New Testament in the correct order. Begin with Matthew and end with the New Testament.

(FYI: To make the pyramid- First row (7): Matthew – 1 Corinthians; Second row (6): 2 Corinthians – 1 Thessalonians; Third row (5): 2 Thessalonians – Philemon; Fourth Row (4): Hebrews – 2 Peter; Fifth Row (3): 1st John – 3rd John; Six Row(2): Jude-Revelation; Seventh Row (1): New Testament

Variation:

Challenge teams to compete to see which team correctly builds their pyramid first.

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